

Greater Nashua Public Health Network, Quarterly Update

(May, 2015- July, 2015)

August 2015 - Issue 8



This newsletter is a publication of the Greater Nashua Public Health Network. There are five programs that serve this area that will be highlighted each quarter, including, the Public Health Advisory Council (PHAC), Emergency Preparedness (EP), Substance Misuse Prevention (SMP), the Community Health Improvement Program (CHIP) and Healthy Homes.

Public Health Annual Meeting

The Public Health Annual Conference on May 28, hosted at Nashua Community College, provided an opportunity for regional stakeholders in the Public Health Advisory Council (PHAC) to celebrate the successes of community health improvements achieved over the past three years and to provide input on the strategies that will be implemented in the 2015-2018 Community Health Improvement Plan (CHIP). With goals and objectives already identified by the PHAC executive committee, and priority health topics aligned with NH's State Health Improvement Plan priorities, the May meeting was able to engage the larger PHAC network in determining specific health initiatives that would support CHIP goals. During the afternoon breakout sessions, presenters shared overview information about evidence informed strategies in the topic areas of substance misuse, suicide prevention, mental health, access to healthcare, obesity and weight management, diabetes, heart disease and stroke. Participants, including

representatives from state agencies, municipalities and towns in the Greater Nashua Public Health region, healthcare providers, schools, non profit service organization and local residents, reviewed the materials and selected initiatives that will be implemented over the next several years. The resulting 2015-2018 CHIP plan, which also includes ongoing Emergency Preparedness plans and initiatives led by DPHCS, will be published in September 2015.

What is Next for CHIP?

One of the chronic disease initiatives already underway is a collaborative project that integrates planning and public health efforts to encourage improved bicycle and pedestrian transportation opportunities. The Plan4Health Nashua project began earlier this year when Nashua was selected as one of only 18 sites in the nation to receive a \$125,000 national grant from the American Planning Association. Plan4 Health Nashua has a 15 month project plan that includes activities such as street mapping, reviewing current active transportation planning practices, developing a "Complete



Streets" guidebook, providing community education and communications that raise awareness of how planning and design can be used to create roads that are safer and more accessible for all users. In June, Plan 4 Health Nashua project team members participated in the Neighborfest Festival held at the Ash Street Skate Park and collected information from local residents about their active transportation routes and any barriers or safety concerns they experience when accessing those routes. Please also see the complete article about Plan4Health Nashua on page 3 or visit the Plan4Health web page by clicking here:

<http://healnh.org/plan4healthNashua>

Public Health Annual Meeting - May 28, 2015



Healthy Homes *Keeping your Community Safe and Energized!*



Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These activities are second nature. Electrical appliances and devices make our lives easier. However, our trust in them should not be absolute.

Electrical failure or malfunctions caused an average of 47,800 home fires per year in 2007-2011, resulting in an average of 450 deaths and \$1.5 billion in direct property damage. Electricity We hope you will share these tips and resources to help inform your community in the basics of electrical safety.

Safety Tips

- When you are buying or remodeling a home, have it inspected by a qualified electrician.
- Only plug in one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) into a receptacle at one time.
- Major appliances (refrigerators, dryers, washers, stoves, air conditioners, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- Arc Fault Circuit Interrupters (AFCIs) are a kind of circuit breaker that shuts off electricity when a dangerous condition occurs. Consider having them installed in your home by a qualified electrician.
- Use Ground Fault Circuit Interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- Test AFCIs and GFCIs once a month to make sure they are working properly.
- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- Use light bulbs that match the recommended wattage on the lamp or fixture. There should be a sticker that indicates the maximum wattage light bulb to use. www.nfpa.org/education

Call a qualified electrician or your landlord if you have:

- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dimming lights
- Sparks from an outlet

Plan 4 Health:

Adopting a Complete Streets approach for a healthier, more livable community.

This spring, the Greater Nashua Public Health Advisory Council officially endorsed the Plan 4 Health Nashua program as a community initiative included in Nashua's 2015-2018 [Community Health Improvement Plan](#). The program focuses on developing Complete Street guidelines that support equitable access to safe, healthy multi-modal transportation.

So what are Complete Streets and how can they support the physical and economic health of a community?

Complete Streets support active living by providing more safe walking and bicycling paths, better fit the local neighborhood by considering where people want to go and how they want to get around, and support economic growth by making local businesses more accessible.

What do complete streets policies do?

By adopting complete street practices, a community establishes a process for selecting, funding, planning, designing, and building transportation projects that allow safe access to destinations for everyone, regardless of age, ability, income, or ethnicity, and no matter how they travel. These policies provide opportunities for people of all ages and abilities to contribute to, and benefit from, a livable community. More than 700 U.S. towns, cities, counties, regions, and states have made official commitments to complete streets policies.



Downtown Nashua: Nashua has already made improvements to street designs to make them safer and more attractive for walkers and bicyclists.

Complete Streets look different for every neighborhood depending on what the community needs and wants. Here is an example from the New York City Department of Transportation showing how streets can be designed for everyone to get around safely.



Benefits of Complete Streets include:

- ◆ *Encourage healthy and active lifestyles among residents of all ages*
- ◆ *Boost the economy by attracting more area businesses, residents, and real estate development*
- ◆ *Provide children with opportunities to walk and bike to school and other nearby destinations in a safe and supportive environment*
- ◆ *Encourage people, particularly those with disabilities and older adults, to get out and stay connected to the community*
- ◆ *Promote safety – sidewalks, raised medians, better bus stop placement, traffic-calming measures, and treatments for travelers with disabilities may reduce pedestrian risk by as much as 28%*
- ◆ *Ensure that all people, including those without a car or other transportation options, have equitable access to education, employment, religious and cultural institutions, physical activity, and friends and family*
- ◆ *Preserve resources for the next generation – Complete Streets help save money when switching from driving to biking/walking and can reduce carbon emissions*
- ◆ *Avoid expensive retrofits that might be necessary if Complete Streets guidelines were not considered in the planning stages*

Whether it's planting trees or adding crosswalks, making travel lanes narrower or creating space for people on bikes, communities are changing how they approach the design and function of their streets to support good health and economic vitality. <http://healnh.org/plan4healthNashua>

Substance Misuse and Prevention

Community

Heroin Forums

have been taking place all over the state to raise awareness about the issue and start the dialogue on what can be done to curb the rise of heroin in our communities. In the Greater Nashua Region Heroin Forums have taken place in Hudson at Alvirne High school on 5/6 and in Merrimack at Merrimack High school on 6/29. There are Community Forums scheduled in Pelham at Sherburne Hall on 8/20 and in Litchfield at Campbell High School on 10/19. The City of Nashua is working on a conference in October.

The primary goal of the forums is to raise awareness. Due to the media many people in New Hampshire are aware of the heroin epidemic but they might be less aware of how the heroin issue affects their specific community. The forums have representatives from different

sectors of the community that discuss their perspectives on the heroin issue. The police departments will discuss drug arrests and what they see in their day to day work. The fire departments/EMS discuss Narcan and how often it has been administered to reverse the effects of an overdose. People from healthcare backgrounds discuss addiction and the heroin's effects on the brain. People in recovery share their stories. This gives attendees a community view of the heroin issue from different perspectives. All these perspectives are important to understand before discussing solutions because we as a community need to understand the problem before we are able to address it. For more information regarding events in the community please visit our website at:

<http://bit.ly/NashuaPHealth>

Public Health Accreditation

Since 2011, when the Public Health Accreditation Board (PHAB) officially launched the national accreditation opportunity for local health departments, the Nashua DPHCS has been considering plans to pursue this recognized standard of excellence. The prerequisite requirements for application are an updated Strategic Plan, a completed Community Health Assessment and a collaboratively developed Community Health Improvement Plan, all documents published by DPHCS between 2011 and 2015. After completing a departmental readiness assessment, participating in online orientations, and submitting a statement of intent, Nashua DPHCS officially submitted its application for PHAB accreditation on June 1, 2015. Application initiates a year long accreditation process in which DPHCS will review policies and processes around the delivery of core public health services, document current procedures and continuous improvement efforts, and demonstrate how we meet the national standards of quality outlined in the PHAB Standards and Measures document. For more information on Nashua's progress, visit the accreditation page on the City of Nashua website: <http://bit.ly/DPHCSAccreditation>.

Training and Presentations

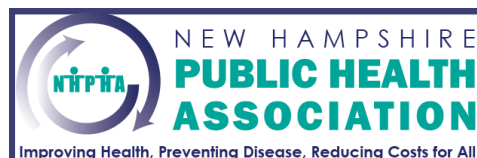
The Division of Public Health and Community Services has the ability to provide trainings, presentations, and webinars. Trainings can be conducted at the Division of Public Health and Community Services, at your organization, conference, or online. Our trainings and presentations can be adaptable to most audiences and if you don't see a training that fits your needs, we are happy to work with you.

To schedule a presentation or for more information, contact:

Melissa Schoemmell at
schoemmellm@nashuanh.gov,
 603.589.4543

For a full listing of our trainings visit:

<http://bit.ly/DPHCSTrainings>



The New Hampshire Public Health Association (NHPHA) supports science based public health policy and has a goal of informing citizenry of changes needed in the laws and government in order to improve public health. They track bills and attend hearings on public health issues. To check the status of NHPHA's position on current NH bills or to subscribe to the "Health in All Policies" E-News, check out their website:

<http://nhpha.org/advocacy/current-activities/bill-tracking>

Division of Public Health and Community Services Community Health Department

Clinic Schedule

Community Health Department

18 Mulberry Street, Nashua, NH 03060

Tuesdays:

Blood Pressure, 1:30-3:30pm

Immunization*, 4-7pm

TB Testing, 4-7pm

Thursdays:

STD/HIV/HCV, 3-6pm

Blood Pressure, 3-6pm

Fridays:

Blood Pressure, 8:30-10:30am

Immunization*, 8:30-10:30am

TB Testing, 8:30-10:30am

Regional Clinic Services Outreach

Third Tuesday of every month, 4:30-6:30pm

SHARE Inc.

1 Columbus Ave. Milford, NH 03055 - 603.673.9898

Second and Fourth Friday of every month, 1-3pm

Greater Nashua Dental Connection, Inc.

31 Cross Street - Nashua, NH 03064 - 603.879.9314

Clinical Services

Immunizations*

(Free for Kids and Uninsured Adults)

Influenza (Flu) (Seasonal)

Pneumonia

Hepatitis A

Hepatitis B

Shingles

Td (Tetanus, Diptheria)

Tdap (Tetanus, Pertussis, Diptheria)

HIV/HCV Testing and Counseling

Confidential and Private

Blood Pressure Screening

*Although a fee is requested, no one will be denied immunization treatment due to inability to pay

For more information: 603.589.4500

<http://bit.ly/NashuaPHealth>

September is National Preparedness Month

*Don't Wait. Communicate! Make
Your Emergency Plan Today.*



This year we are asking you to take action now – make a plan with your community, your family, and for your pets. Plan how to stay safe and communicate during the disasters that can affect your community. We ask everyone to participate in America's PrepareAthon! and the national day of action, National PrepareAthon! Day, on September 30th.

More information on how you can participate in National Preparedness Month:

<http://www.ready.gov/september>

More information on you can engage your community for America's PrepareAthon:

<http://www.ready.gov/prepare>

2015 Hazard Focused Themes

Week 1: September 1 - 5 th	Flood
Week 2: September 6 - 12 th	Wildfire
Week 3: September 13 - 19 th	Hurricane
Week 4: September 20 - 26 th	Power Outage

September 30th is National PrepareAthon! Day

Upcoming Events

August

- 8/1-8/31, Immunization Awareness Month! Click [HERE](#) for more information.
- 8/14, 1-3pm: Health Services Outreach at [Greater Nashua Dental Connection, Inc.](#)
- 8/19, 4:30-6:30pm: Health Services Outreach Event at [SHARE Inc.](#) in Milford
- 8/20, 6-8pm: Community Heroin Forum at Sherburne Hall in Pelham (6 Village Green)
- 8/26, 1-4pm: Immunizations at the Pelham Library
- 8/27, 1-3pm: Hudson Community Fair at Library Street School
- 8/27, 5-6:30pm: Nashua Goes Back to School at the Nashua Public Library
- 8/27, 6:30-8:30: Lyme Disease Prevention Presentation at the Pelham Library, provided by NH DHHS Bureau of Infectious Disease
- 8/28 1-3pm: Health Services Outreach at [Greater Nashua Dental Connection, Inc.](#)

September

- 9/1-9/30, National Preparedness Month!
- 9/1-9/30, National Recovery Month!
- 9/10, 7pm: Screening of "The Anonymous People" at the Nashua Public Library
- 9/11, 1-3pm: Health Services Outreach at [Greater Nashua Dental Connection, Inc.](#)
- 9/15, 7pm: Screening of "Hungry Heart" at the Nashua Public Library
- 9/15, 4:30-6:30pm: Health Outreach Event at [SHARE Inc.](#) in Milford
- 9/19, 12-6pm: Brazilian Festival at Nashua Community College
- 9/19, 10am-3pm: Merrimack Business Expo and Fall Festival at Merrimack High School
- 9/25, 1-3pm: Health Services Outreach at [Greater Nashua Dental Connection, Inc.](#)
- 9/26, : Southern NH Services, Caring for Our Children Conference

October

- 10/20, 4:30-6:30pm: Health Outreach Event at [SHARE Inc.](#) in Milford
- 10/15, 10am-2pm: Stand Down Event to Support Homeless Veterans, Harbor Homes
- 10/17, 10am-2pm: [The Gate City Fall Festival](#)
- 10/19, 7-9pm: Community Heroin Forum in Litchfield
- 10/29, 6:30-8pm & 10/30, 10:30am-12pm: Adult Learning Center, Community Resource Expo at the Adult Learning Center.

Contact Melissa Schoemmell at schoemmellm@nashuanh.gov for more information on these upcoming events or to promote your upcoming health and safety events here!

Contact Us

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